

Recipe

Mediterranean “Rainbow” Bowl

Textural contrast and fresh herbs. Ready in 30 mins.

Here are 5 different ways to view the execution of this recipe. Choose the one that fits your cooking style best.

Format 1: The “Mise-en-place” & Execution Flow

Best for: Ensuring you have everything ready before you start the heat.

Mise-en-place:

- **The Protein:** 2 cans (15.5oz) Chickpeas (rinsed/drain), Cumin, Salt, Pepper.
- **The Grain:** 1 cup Quinoa or Couscous (cooked).
- **The Roast:** Fire Roasted Roots (thawed).
- **Fresh Base:** 1 bag Spinach (5-8oz).
- **The Salad:** 2 Persian Cucumbers (diced), 2 Vine Tomatoes (diced), 1/4 Red Onion (sliced thin), 1/2 bunch Mint (chopped).
- **The Sauce:** 1 cup Greek Yogurt, 1/2 bunch Dill (chopped), 1 Garlic clove (minced), Lemon zest/juice.
- **Pantry:** Olive Oil.

Execution:

1. **Grain:** Cook quinoa/couscous per package instructions. Fluff and set aside.
 2. **Crisp (10m):** Heat oil in a skillet. Sauté chickpeas with cumin, salt, and pepper until golden and skins are crisp/popping. Remove.
 3. **Roots:** In the same warm pan, add a splash more oil. Sear the thawed roots to revive texture and create crispy edges.
 4. **Sauce:** Whilst cooking, whisk yogurt, dill, garlic, lemon zest, and pinch of salt in a bowl.
 5. **Salad:** Toss cucumbers, tomatoes, onion, and mint with lemon juice and oil.
 6. **Assemble:** Bed of spinach + quinoa. Sections of chickpeas, roots, and salad. Drizzle with yogurt sauce.
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Format 2: The “Flavor Layers” (Step-by-Step Build)

Best for: Understanding the sequential build-up of flavors.

1. **EARTHY Base:** The quinoa and spinach provide a neutral, healthy foundation to soak up the dressing.
 2. **SPICED CRUNCH Layer:** Frying the chickpeas dries them out, concentrating the nutty flavor and adding texture that mimics croutons.
 3. **SWEET ROAST Layer:** The fire-roasted roots (carrots/sweet potatoes) bring natural sugars that contrast the savory elements.
 4. **COLD/FRESH Layer:** The cucumber/tomato salad adds necessary moisture and raw vegetal snap.
 5. **TANGY BINDING Layer:** The dill-yogurt sauce acts as the unifier—its acidity brightens the heavy roasted roots, and its fat carries the garlic/herb oils.
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Format 3: The “Chef’s Shorthand” (Tactical)

Best for: Quick glances while cooking.

- **Start** grain (cook/fluff).
 - **Crisp** chickpeas (oil/cumin, high heat).
 - **Sear** thawed roots (revive texture).
 - **Whisk** Yogurt Sauce.
 - **Chop** Salad (cuke/tom/onion/mint).
 - **Assemble:** Greens -> Grain -> Piles of Veg -> Sauce.
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Format 4: The “Timeline” (Parallel Processor)

Best for: Optimization and multi-tasking.

Time	Action	Notes
T-0:30	Grain	Start water/stock for quinoa.
T-0:25	Prep	Drain beans. Chop salad veg.
T-0:15	Crisp	Pan fry chickpeas (cumin/salt).
T-0:10	Sauce	Whisk yogurt ingredients.
T-0:05	Roots	Remove beans. Sear roots in same pan.
T-0:00	Bowl	Build bowls immediately.

Format 5: The “Sensory Script” (Audio-Visual)

Best for: Cooking by feel and intuition.

- **SOUND:** Chickpeas should “pop” or crackle like popcorn when they are properly crisped.

- **LOOK:** A distinct separation of colors—Red (tomato), Green (spinach/dill), Orange (roots), Golden (chickpeas).
- **SMELL:** The warm, musky scent of toasted cumin contrasting with the sharp, grassy scent of fresh dill.
- **TEXTURE:** Every bite should have a mix of soft (quinoa), crunch (chickpea), snap (cucumber), and silk (yogurt).
- **TASTE:** The yogurt sauce should be tart enough to make you pucker slightly before mixing it in.

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- **Rainbow Plate:** Keep everything separate. A pile of plain chickpeas, a pile of warm roots, cucumber slices, and a small bowl of yogurt “dip” on the side.